

MAY 2023 Newsletter - Senior Center

Town of Manchester

Community Clean-Up & Shred Event

Get rid of unwanted household waste for **FREE!**

MANCHESTER RESIDENTS ONLY

Date: Saturday, May 6th **Location:** Transfer Station, 311 Olcott Street

Clean-Up Event Hours: 7:15 AM—2:30 PM

Shred Event Hours: 8:00 AM—12:00 PM. or Until Full

All Residents will be required to show **PROOF OF MANCHESTER RESIDENCY** via a **Driver's License** or **Manchester Recycling Permit**.

All Residents will be required to sign-in upon arrival. Regular Transfer Station Rules & Regulations will be in effect

The use of any commercial/commercially branded vehicles will not be permitted for use in the event (no dump trucks, utility/double axle trailers or box trucks)



Acceptable Items:

- * Bulky Furniture
- * Electronics
- * Appliances
- * Mattress/Box Springs
- * Carpeting
- * Yard Waste
- * Tires—Limit 4
- * Metal Recycling
- * Rigid Plastic Recycling



Non-Acceptable Items:

- * Hazardous Waste
- * Paint Care Products
- * Pesticides
- * Asbestos
- * Gasoline



**SENIOR CENTER
STAFF**

Eileen Faust
Director

Missy Rankin
Recreation Supervisor

Kathy Nohmy
Senior Administrative
Secretary

Amy Judd
Clerical Assistant

AJ Jackson
Custodian/Bus Driver

Rick Bosco
Ed Cassala
Reggie Ginotti
Bus Drivers

Debbie Keehner
Kitchen Assistant

Robert Buzzell
Kitchen Aide

Olivia Catlett
Program Assistants

Kitty Dudley
Social Worker

Diana Martin
Health Department
Nurse

MANCHESTER SENIOR CENTER

549 East Middle Turnpike

Manchester, CT 06040

Hours of Operation: Mon-Fri 8:30am—4:30pm

Phone: 860-647-3211 **FAX:** 860-647-3240

SENIOR ADVISORY COMMITTEE

Donna Wilson—Chair, Maelene Williams—Co-Chair

Marilyn Landon—Treasurer

Members: David Anderson, Barbara Armentano, Grace Carlson,

Lee McCray, Marie Munson

CONTACT INFORMATION

For the **DIRECTOR, SOCIAL WORKER** or **GENERAL INFORMATION**

860-647-3211

For (**SAFS**) **SENIOR , ADULT** and **FAMILY SERVICES**

860-647-3096

For the **HEALTH DEPARTMENT**—860-647-3173

For **SILK CITY TRAVELERS/Missy Rankin**—860-647-3210

WE ARE ON FACEBOOK—"like" us and follow along for

updates and information:

<https://www.facebook.com/ManchesterCTSeniorCenter>

WE ARE HANDICAP ACCESSIBLE



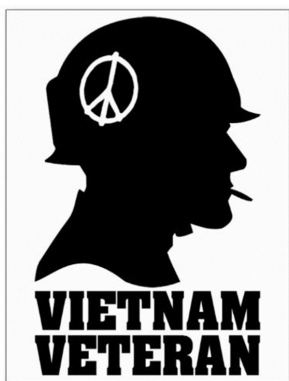


Senior Center Bicentennial Breakfast

Enjoy a light breakfast of pastries, fruit, and coffee while reminiscing on the Senior Center's place in Manchester History. Entertainment will be provided by Dan Thompson, Manchester's first official Town Troubadour. **Date:** Thursday, May 18th, 2023 **Time:** 10:00 AM – 11:30 AM **Location:** Manchester Senior Center Auditorium. Please call the Senior Center at (860) 647-3211 to register.

Light Post Banner Program:

In conjunction with the celebration of the Manchester Bicentennial, The Veteran's Advisory Committee in partnership with the Town is planning to honor veterans by initiating a **Light Post Banner Program**. The purpose is to honor veterans from WWII, Korea and Vietnam to acknowledge their sacrifices that gives us the freedom we enjoy today. Donations and sponsorships are being sought to acknowledge as many Manchester Veterans as possible. ***For more information, please contact Richard Zaremba at (860) 205-6129.***



UR COMMUNITY CARES

Interested in building stronger communities? Have some free time on your hands? Retired and want to contribute to the greater good? Volunteer your time! Once a week, once a month, or whenever you can spare it. **UR COMMUNITY CARES** is a nonprofit in Connecticut which enables volunteers to pair off with those who need help in the community. Sign up at: **URCOMMUNITYCARES.ORG** or call **(860) 430-4557** for more information.



FREE ECHN Diabetes Prevention Program

Are you concerned you may be prediabetic or on the path to a diagnosis of Type 2 Diabetes? If so, this program is for you! ECHN is offering a **FREE** Diabetes Prevention Program at the Manchester Senior Center, starting **Wednesday, June 7th, 2023**, from **10:00 AM-11:00 AM**. The program will meet in person each week at this time. This program is **FREE!** and offered to Manchester and surrounding town residents.

Participants in the program will learn the skills to lose weight, be more physically active and manage stress. They will receive support from a trained and certified Lifestyle Coach, and share their experiences with others in the group who have similar struggles. This is a **12-month** group program that meets every week on the same day and at the same time for months 1—6. Then the group meets one time a month for months 7—12. This is to help maintain healthy lifestyle changes. During each session, your lifestyle coach will teach a lesson and lead a group discussion. For example, you will learn how to:

- Eat healthier
- Add physical activity to your life
- Manage stress
- Stay on track when eating out
- Understand your responses to food
- Stay motivated
- Solve problems that can get in the way of healthy changes



This program is designed for pre-diabetics. You may be eligible for this program if you are 18 years or older with a BMI ≥ 25 (Asian individuals BMI ≥ 22) and have not been diagnosed with Type 1 or Type 2 diabetes. Criteria include an HbA1c between 5.7 - 6.4%, fasting glucose of 100-125mg/dl, a 2-hour glucose of 140-199 during a glucose tolerance test and /or a previous diagnosis of Gestational Diabetes.

To register, please call ECHN's Diabetes Wellness Center at **(860) 647-6824** OR email diabeteswellness@echn.org. You can also register online at <https://www.echn.org/services/diabetes/diabetes-prevent-t2-program/>. Early registration is encouraged as class size is limited.

Senior Center operations



Lunch Program – Meals are served from 12:00 PM — 12:30 PM Monday through Friday. Manchester Residents who are 60 years of age or older, or the spouse of an eligible individual, regardless of age may eat lunch at the Senior Center for a suggested donation of **\$2.50**. Reservations must be made by **12:30 PM** on the day before you are joining us for lunch. Register by calling (860) 647-3211. You do not have to be a Senior Center Member to eat lunch here. Lunch menu and service questions can be directed to the front office at (860)647-3211.



Senior Center Transportation – Bus rides to and from the Senior Center can be scheduled up to **3:00 PM** on the day before your ride is needed. Call the Senior Center at (860) 647-3211 to schedule your ride with us. If you find that you need to cancel your ride with us, please call the office as soon as possible. We appreciate as much advance notice as possible.



Grocery Shopping – Transportation to and from the Grocery Store has been suspended until further notice. **If you are unable to get groceries for yourself, or with the help of friends, family, or neighbors, please contact the Senior Center at (860) 647-3211.** We will help make arrangements to make sure you are getting the groceries that you need.

TOWN OF MANCHESTER Dial-A-Ride Services

DIAL-A-RIDE is a separate service from the Manchester Senior Center Transportation (see above). Please direct questions or comments to Senior, Adult & Family Services at **(860) 647-3096** if you need more information.

Dial-a-Ride serves Manchester residents who are 60 years of age or older and people with disabilities. Rides are provided free of charge, Monday through Friday in Manchester for medical appointments, grocery shopping (Limit of 3 shopping bags per shopper), work, banks, post office, town hall, gym, library and social events. First pick up is 8:30 a.m. and last pick up is 4:00 p.m. Excluding Holidays. Reservations & registration are required. **Please call 860-870-7940, Monday - Thursday between 8:00 a.m. - 4:30 p.m., and on Fridays 8:00 a.m. - 1:30 p.m.** In case of inclement weather, please watch WTNH or WFSB for closing or late start.

Renters Rebate – 2023 Applications

The Senior, Adult & Family Services Division of the Town of Manchester begins completing applications for the State of Connecticut Renter's Rebate Program starting April 3rd and continuing to September 29th, 2023. This program provides a one-time yearly payment to renters based on income, rent and utilities that were paid from the previous year (2022). Applicants must be 65 or over by 12/31/22 or be permanently and totally disabled as defined by Social Security and at least 18 years of age by 12/31/22. The income limits (including Social Security) are as follows:

Qualifying Income Limit Single

SINGLE - \$40,300

MARRIED - \$49,100

MOST APPLICATIONS DONE IN 2023 WILL BE PROCESSED BY MAIL. We also have a drop box located outside of our building located at 479 Main Street (back parking lot) Weiss Building. For questions call **860-647-3096** Please ensure your contact information is included with all your paperwork. There is a form available online for signature purposes if you choose or we can mail you one.

<https://www.manchesterct.gov/files/content/public/government/departments/senior-adult-family-services/renters-rebate/renters-rebate-signature-form.pdf>

TO APPLY: PLEASE PROVIDE THE FOLLOWING

- **Proof of all income** for the year 2022, including all 1099's for: Social Security, Pensions, and Interest Earned
- Your **2022 Income Tax** – if you filed one
- **Proof of Rent** you paid in 2022 – these can be in the form of rent receipts, cancelled checks, letter from your landlord with contact information or a statement from the rental office. (a lease does not verify proof of payments made)
- **Proof of utilities** paid in 2022 (including EVERSOURCE, CNG or oil company receipts (we can assist with a payment history from EVERSOURCE & CNG if you provide the account #'s)
- **Proof of water** paid in 2022 if you pay a water bill.

CRT's RSVP seeking Volunteers age 55+ for Signature Programs

"RSVP READS" - Volunteer just one (1) hour per week to help children with their academic success. The **RSVP READs Program** is operated as a school-based program where volunteers are partnered with students in local elementary schools, providing reading guidance for one (1) hour per week from **October** through **May** of each school year. **RSVP READs Tutors** make reading interesting, fun, and act as positive role models, inspiring their students to read. We anticipate operating in six (6) local communities: **Berlin, Manchester, New Britain, Portland, Vernon, & Wethersfield**. Call soon if you are interested.

MEALS ON WHEELS - You can help deliver meals to home bound seniors for as little as two (2) hours per week. We currently need volunteers to help deliver meals at our local sites in **Cromwell, East Hampton, Newington and Portland**. You can help just one (1) day a week for only two (2) hours (mid-day).

Please contact **Theresa Strong, RSVP Manager**, to schedule a one on one meeting to learn more about either of the above opportunities—**WE NEED YOUR HELP!!!** Email: strongt@crtct.org Cell: **(860) 519-3484**



AARP SMART DRIVER COURSES!

Connect with AARP Driver Safety on FACEBOOK—www.facebook.com/aarpdsp and
TWITTER—www.twitter.com/aarpdsp for access to information, tips and other content

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (please check with your auto insurance agent for details).

Choose an AARP Smart Driver Course at the **Manchester Senior Center, 549 Middle Turnpike East, Manchester, CT** on **Monday, May 15th**, at **8:45 AM**. The one day only classroom course costs **\$20 for AARP Members** and **\$25 for Non-Members**. Space is limited, please register in advance by calling **(860) 647-3211**. Payable by **check only** made out to **AARP**. To find in person courses in your area: Please call 1-888-773-7160 or visit www.aarp.org/driving36



In accordance with Manchester Town Ordinance, the **Town Clerk's Office will resume its traditional office hours**, effective immediately, and be open to the public from **8:30 AM to 5:00 PM Monday through Friday**. Thanks. Any questions or concerns, please contact Darryl E. Thames, Sr., Town Clerk at 860-647-3037

HEALTH SERVICES

Blood Pressure—Drop In

May Clinic Dates: Wednesday, May 3rd, and May 24th, 9:00 AM—12:00 PM

Upcoming Dates: June 7th, June 28th, July 19th, August 2nd, and August 30th.

If you have any questions, or concerns, please contact the Manchester Health Department at **(860) 647-3173**.

Foot Care—Appointment Only

May Clinic Dates: Friday, May 5th, and May 19th

Upcoming Dates: June 2nd, June 16th, July 7th, July 21st, August 4th and , August 9th.

The cost of foot care is **\$30**. As always, if anyone needs assistance with the fee please let us know so we can help. Please call the Health Department a call at **(860) 647-3173** and schedule your appointment today! This service is not billed to Medicare, Medicaid, or private insurance. **THIS CLINIC IS NOT FOR DIABETICS.**

If you have diabetes, diabetic neuropathy and loss of protection in your foot, MEDICARE PART B covers One (1) diabetic foot exam every SIX (6) months by a Podiatrist.

Steady as we go – Movement and Balance for Seniors

This chair-based class uses light weights, exercise bands, or no weights at all. It is great for improving posture and balance! For the Summer session class will meet on **Tuesdays only at 11:00 AM—12:00 PM**, at the Eastside Neighborhood Resource Center, located at 153 Spruce Street. The Summer Session will begin on **Tuesday, June 27** and end on **Tuesday, August 29. Cost: \$5.00**. Register at the Senior Center or call (860) 647-3211, beginning on May 3rd.

File of Life Medication Review

Having a File of Life Card on your refrigerator provides important medical information to emergency responders when they are at your home. Nurses from the Manchester Health Department are offering appointments to help create your own File of Life. Upcoming Dates: **Wednesday May 10th, June 21st and July 12th**. Please sign-up at the Senior Center front desk or by calling (860) 647-3211. There are a limited number of appointments available, register today! In order to allow for a detailed File of Life please bring a list of your medications , a list from a recent appointment with your medical provider, and/or all of your medications in a bag with your name on it.

Is Your FILE OF LIFE card
out of date? Do you have one?

FILE OF LIFE	
KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months !	
MEDICAL DATA REVIEWED AS OF MO. YR.	
Name:	Sex: M F
Address:	
Doctor:	Phone #:
Doctor:	Phone #:
EMERGENCY CONTACTS	
Name:	Phone #:
Address:	
Name:	Phone #:
Address:	

Next Date: May 10th

A Health Department RN will assist you in updating or creating a FILE OF LIFE ® card with your current medications, medical conditions, and emergency contacts.

- First Responders have endorsed this program and are trained to look for this file.
- One Half Hour can save valuable minutes in an emergency situation!
- Program supported nation wide by the American Red Cross, National Council on Aging (ACOA), and AARP.

Please make an appointment at the front desk, or call **(860) 647-3211**. Your loved ones will thank you.



Summer 2023 PROGRAM REGISTRATION PROCESS

Must have a valid **2023 Membership Card** to participate in any programs.



Registration for all programs, begins on **Wednesday, May 3**. Please do not rush to register on **May 3** if your class does not fill up, or is a drop-in program. Feel free to register any time before the summer session begins on **Monday, June 5th**. Seniors may register at any registration location beginning May 3rd at 9:00AM. Registration Locations: Manchester Senior Center, Community "Y" Recreation Center, Center Springs Recreation Office, Customer Service Center.

Lottery Class Registration

It's time to register for Summer Session exercise classes. Members can register for all programs, including lottery programs, at the front desk or by calling (860) 647-3211 beginning on **Wednesday, May 3rd**. To be included in the lottery please register and make payment for the classes you are interested in by **Wednesday, May 17th**. **Payment can be made by cash, check, Mastercard, or Visa**. No lottery registration can be accepted after Wednesday, May 17th. The class lists of acceptance will be posted in the senior center lobby on **Monday, May 22nd**. If you registered for a lottery class (listed below) and did not get in to the class you wanted your name will automatically be placed on the wait list and a credit will be applied to your account. If you missed the lottery registration window and would like to participate in any of these classes, you may register for classes with openings beginning on **Monday, May 22nd**. Please call Missy at 860-647-3210 if you have any questions! Classes included in the lottery are listed below.



Please note that all class dates are subject to change due to instructor availability.

Body Sculpt

Monday (starts 6/5) 12:30 – 1:15PM \$5.00

Wed. (starts 6/7) 12:30 – 1:15 PM \$5.00

Beginner Line Dancing

Tuesday (starts 6/6) 10:00 – 11:00 AM \$5.00

Advanced Line Dancing

Tuesday (starts 6/6) 11:00 – 12:00PM \$5.00

Light-n-Lively: You may register for 2 out of 3

Monday (starts 6/5) 11:00—12:00PM \$5.00

Monday (starts 6/5) 1:20 – 2:15PM \$5.00

Wed. (starts 6/7) 1:20 – 2:15PM \$5.00

Yoga Plus: You may register for 1 out 2

M/W (starts 6/5) 2:20 – 3:15PM \$5.00

M/W (starts 6/5) 3:20 – 4:15PM \$5.00

Zumba Gold

Thursday (starts 6/8) 3:00 – 4:00PM \$5.00

*** SEE PAGE 12 FOR SPECIAL
EXERCISE ANNOUNCEMENT ***

OUTDOOR PROGRAMS

Bocce

If you are interested in the bocce league please call or e-mail Missy Rankin at 860-647-3210, or mrarkin@manchesterct.gov. Bocce starts on **Wednesday, May 10th**. Games are played between 8:30 AM, and 11:00 AM.

Walking Group

Monday, Wednesday, and Friday, walk starts at 9:00 AM. Join this group to walk with friends around local trails. To find out the walking schedule, or if you have any questions please call Missy Rankin at 860 647-3210. Register to be updated with any changes.

Hiking Schedule

Thursday afternoon from 1:00-3:00 PM Note: Participants will be notified by email of inclement weather schedule changes. Carpooling from the Big Y shopping plaza at 12:30 PM (far right side facing plaza) is greatly encouraged to help reduce the cost of gas for everyone; perhaps by offering \$1 to cover the cost of gas. * - Manchester—Limited parking—Please carpool ** - Out of Town—Very limited parking—Please carpool

May 11—South Meadows River Trail East Hartford/Glastonbury—Moderate 3 mi

May 25—Buckingham Reservoir Glastonbury—Easy 2.8 mi**

June 8—Sawmill Brook/Wolf Rock, Mansfield—Moderate/Difficult 2.5+ mi**

Biking Schedule

Monday afternoon from 1:00—3:30 PM, approx. 10—15 miles on pave/hard pack surfaces, fairly flat/gentle hills, relaxed pace, stop for water breaks or things of interest. Please bring water to stay hydrated and wear a helmet for head protection. Contact John at jr_f@att.net

May 1—Farmington Canal North (Simsbury to Suffield)

May 15—Airline State Park Trail South (Willimantic to Colchester)

May 29—Ride from Bissell Bridge Windsor to Keeney Park

June 12—Airline State Park Trail South (Colchester to East Hampton)

Community Gardens 2022

The garden is OPEN! Members can use their plots at any time. If you have any questions please call Missy at 860-647-3210.



PROGRAMS

Summer Exercise Announcement:

Due to instructor availability some exercise classes will not be meeting for the summer session. There will be no Strength & Flex, Stronger Seniors, or Friday morning Light-N-Lively. All other exercise classes will take place as regularly scheduled. Registration for the summer session begins on Wednesday, May 3rd. **See pg. 10** Please call Missy if you have any questions, or if you'd like to hear about other exercise opportunities offered by the Manchester Recreation Department, 860-647-3210. We thank you in advance for your patience and understanding.



Cardio Drumming

This fun class will get your heart rate going and your feet moving. Join us on **Thursdays** at **10:00 AM**. All equipment will be provided. **Cost: \$5.00/month**. Please register before class, 860-647-3211.

Therapy Dogs

Bright & Beautiful Therapy Dogs will be here on **Tuesday, May 9th** and **23rd**, from **10:30 AM – 11:30 AM**. Please feel free to come anytime during the hour to meet the dogs. If you have any questions or would like to register, please call the front desk at 860-647-3211.



Music Circle



Join the music circle to sing and/or play acoustic instruments with fellow music lovers. Take turns suggesting and playing songs you already know and encouraging others to join in on their instruments. Music group will meet on **Monday, May 8th**, and **May 22nd**, from **12:30 PM – 2:30 PM**. Please call the senior center to register, 860-647-3211.

Piano Lessons

A volunteer piano teacher is here on **Friday** mornings from **8:45 AM —9:45 AM**. If you are interested in taking lessons please call Missy at 860-647-3210. Thank you!

Summer Ceramics Classes

Registration for Summer Ceramics will begin on Wednesday, May 3rd. Classes take place on **Mondays** and **Fridays** from **9:30 AM —11:30 AM**. You can register for any of the following classes:

Mondays in June (6/5, 6/12, 6/26): **\$18**

Fridays in June (6/9, 6/16, 6/23, 6/30): **\$24**

Mondays in July (7/3, 7/10, 7/17, 7/24): **\$24**

Fridays in July (7/7, 7/14, 7/21, 7/28) **\$24**



PROGRAMS

Birthday Lunch

We will be celebrating all May Birthdays on **Wednesday, May 31st** in the cafeteria with cake! Lunch starts at 12:00 PM. Join us on the Last Wednesday of every month to celebrate the birthdays for that month!

Book Group

Meets in the Senior Center Library on **Tuesday, May 16th, promptly**, at 10:30 AM — ***"Moon Lake"* by Joe Lansdale**. The gripping and unexpected tale of a lost town and the dark secrets that lie beneath the glittering waters of an East Texas lake.

June 20—"The Southern Side of Paradise" by Kristy Woodson Harvey

July 18—"The Book Woman's Daughter" by Kim Michelle Richardson

August 8—"The Red Pony" by John Steinbeck

September 19—"The Wicked Widow" by Beatrice Williams

October 17—"Falling" by J.J. Newman

November 21—"The Extraordinary Live of Sam Hell" by Robert Dugoni

December 19— T.B.D.

Computer Room

The Computer Lab will be open from 8:30 AM – 4:30 PM, Monday through Friday (hours are subject to change). Senor volunteer, Jim Lessard may be available to answer your questions in the computer room Monday, Wednesday and Friday (between 9:30 AM – 11:30 AM).

Monthly Movie

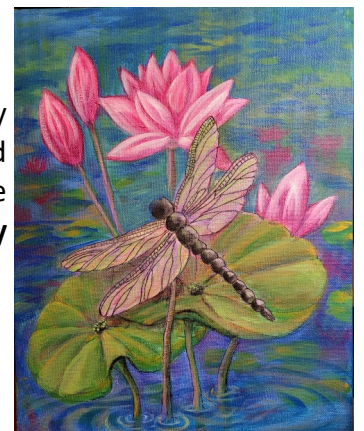
Tuesday, May 9 @ 1:00 PM — *The Woman King (2022)*. A historical epic inspired by true events that took place in The Kingdom of Dahomey, one of the most powerful states of Africa in the 18th and 19th centuries. Starring Viola Davis. Runtime: 2 hours 15 minutes. Rated: PG-13. Register ahead of time by calling 860-647-3211.

Newcomers Meeting

The Newcomer's meeting is open to Manchester Residents ages 60 and up, and takes place in the Senior Center Library. The next meeting is **Wednesday, May 17th at 11:00 AM**. Interested participants will receive introductions to our programs and tour the facility. Please register ahead of time with the front office by calling (860) 647-3211. If you would like to have lunch with us, please let us know by 12:00 PM the day before the meeting. We look forward to your visit!

Paint Program

Local artist will instruct a two hour class on how to paint spring scene. Come enjoy painting with acrylics on an 11x14 stretched canvas. You will create a one of a kind masterpiece to take home with you. No experience necessary. All supplies will be included. **Tuesday, May 23 at 9:30 AM**. Cost is **\$12**. Sign-ups will begin on **Monday, May 8 at 8:30 AM**. Space is limited.



PROGRAMS

Red Hat Society

The Royal Scarlet Gadabouts Chapter is under the auspice of the Manchester Senior Center. Monthly meetings are held in the Senior Center Library on the first Tuesday of each month. The next meeting will be on **Tuesday, May 2nd at 1:00 PM**. New members always WELCOME! Bring a friend. If you're interested in joining the Royal Scarlet Gadabouts Red Hat Chapter, please contact **Grand Queen Maelene Williams at (860) 375-8421**.

Square Dancing

Join us EVERY Thursday from **1:00—2:45 PM**. Cost is **\$5 per class**. Pre-registration is required before class and can be done at the front desk or by calling the Senior Center at **(860) 647-3211**. If there are not enough participants who are pre-registered classes could be cancelled; make sure to sign up as soon as possible. Out of town participants are able to join. This is a great form of exercise. Must be able to follow simple instructions and move through the dance. Join this group to have fun, get exercise, and make friends!



Women's Group: Monday, 9:30—10:30 AM

Call the front desk to register, (860) 647-3211.

5/1– All About The Stars

5/8– Guess That Tune

5/15– Current Event Discussion

5/22- Combined Get To Know You Bingo With Men's Group at 10 AM

Men's Group: Monday, 10:45—11:45 AM

Call the front desk to register, (860) 647-3211.

5/1– All About Inventions

5/8– All About Baseball

5/15– Are You Smarter Than A 5th Grader?

5/22- Combined Get To Know You Bingo With Women's Group at 10 AM

-- IN THE LOOP --

1. **Manchester Matters** – ***HAS A NEW LOOK!*** The Town of Manchester's e-newsletter is a great source of information for Town news, information and events! Sign up today to receive weekly newsletters on all things Manchester: <https://bit.ly/manchestermatters> or call the Customer Service & Information Center at 860-647-5235.
2. **Foodshare** – If you are interested in participating as a single volunteer, with your family or as part of a service group project, please contact Krista Ostaszewski at Foodshare 860-286-9999 extension 104 or email kosta@foodshare.org.
3. **(S.H.O.P.) Seniors Help Our Pantry** – Our MACC contribution box is located in the Senior Center Lobby, under the wooden table to the right as you enter through the front door. **With everyone's help we can keep our MACC box full.** To make a monetary contribution to MACC, you can pick up a donation form from the Front Office and send a check directly to MACC indicating our S.H.O.P. PROGRAM in the memo of your check. Mail to MACC, 466 Main Street, Manchester, Ct 06040.
4. **MACC Food Pantry Donations** – Happy New Year! Monetary donations to the food pantry can be mailed to P. O. Box 3804, Manchester, Ct 06045-3804. Food donations can be dropped off at (MACC) Manchester Area Conference of Churches, 856 Main Street, 9am-5pm, Monday through Thursday, Friday 9am-2pm, and Saturday at kitchen 9am-2pm. Special arrangements for food donations can be arranged by calling 860-647-0800 or Beth Stafford, Executive Director/CEO at 860-647-8003 extension 17. Please visit www.maccct.org.

Items **needed** for the food pantry at this time: **Pasta Sauce, Pasta, Hot/Cold Cereal, Oatmeal, Jelly, Peanut Butter, Snack Bars/Cookies, Tuna/Other Canned Meats, Macaroni and Cheese, Egg noodles, Chef Boyardee, Beef Stew, Canned Fruits and Soups, Saltines and other Crackers, Juice Boxes, Coffee/Tea, Hot Chocolate, Applesauce, Jello/Pudding, Pickles, Raisins, Potato Chips/Snacks, Popcorn. Personal Hygiene: Shampoo, Conditioner, Toothpaste, Toothbrushes, Dental Floss, Body Lotion, Bar/Liquid Hand/Body Soaps, Toilet paper, Paper Towels.**

5. **Support our Troops & Honor our Veterans** – Please take a moment to express your gratitude and thank a soldier. Further details are available online at <http://uwc.211ct.org/u-s-troops-how-to-support/>. Small, individual donations can be dropped off at the Town Hall, Customer Service & Information Center, 41 Center Street, Manchester, CT 06040 or contact 860-647-5235.

Manchester—*Silk City Travelers*

NEW TRIP, Register beginning
May 8!

Songs of Summer

Amarante's Sea Cliff
New Haven

This beautiful waterfront property has a private deck and ballroom overlooking the cove, and is known for outstanding hospitality and food. Come enjoy an amazing location and amazing entertainment provided by the **Elderly Brothers**. This duo serves up mint-condition oldies, and rock'n'roll with pitch perfect harmonies, and soulful improvisations! Their radiant renditions, and audience interactions are unsurpassed. For lunch enjoy assorted meats and cheeses, vegetable crudité, garden salad, vegetable, potato, strawberry shortcake, soda, coffee and tea. For your entrée please choose between Chicken Piccata, or Filet of Salmon with Dill Sauce. Entrée choice is required at time of registration. **Date:** Wednesday, September 6 **Cost:** \$99 pp. **Includes:** round trip transportation, lunch, entertainment, taxes and gratuities. **Checks to:** **Friendship Tours** **Deadline:** August 1 **Departs:** 10:00 AM **Approximate Return:** 5:00 PM.

See Trip Flyers for more details.

Questions?

Call Missy Rankin (860) 647-3210

Shades of Bublé

Aqua Turf

Shades of Bublé brings the swinging standards and pop hits of Michael Bublé to the stage in an unforgettable high-energy concert event. This act is wowing audiences around the country with exciting harmonies, smooth choreography, and charming good looks. For lunch enjoy a family style menu including: Garden Salad, Pasta, Chicken Marsala, Broiled Scrod with Spinach & Tomato Topping, Vegetable, Potato, Rolls, Dessert, and Beverage. **Date:** Thursday, August 10 **Cost:** \$116 pp. **Includes:** round trip transportation, lunch, entertainment, taxes and gratuities. **Checks to:** **Friendship Tours** **Deadline:** July 5 **Departs:** 10:30 AM **Approximate Return:** 4:45 PM.

Trip Policies:

1. All participants must fill out and sign an Emergency Contact Form and Liability waiver before participating on any trips.
2. Make all checks out to the Tour Company listed. Include your name, address and telephone number on the check. Checks not filled out properly or received after the deadline will not be accepted.
3. All Trips depart from the Senior Center Parking lot unless stated otherwise
4. Sign up for new trips does not begin until date stated on the new trip page
5. You do not have to sign up for new trips on the first day of sign-ups, you can sign up on that day and any day thereafter
6. You can sign up any time for trips that have been previously advertised
7. You do not have a secured spot on the trip until payment has been made
8. If a trip is full your name will be placed on a waitlist, open spots will be filled in order from the wait list
9. If a person cancels a trip for any reason, no refunds will be given once payment is received unless we are able to fill your spot on the trip. We will call our waitlist, if any, and make every effort to fill your spot in order to be refunded.

Manchester—*Silk City Travelers*

Previously Advertised, Register Anytime at the Front Desk!

Catacombs by Candlelight

Head to New York City for an experience like no other! We begin our day with a narrated trolley tour through Green-Wood, which is internationally recognized as one of the most beautiful historic cemeteries in the world. Learn about the many famous residents and history of this National Historic Landmark. Next, enjoy lunch on your own at the Dekalb Market Hall, which showcases over 40 different food vendors. After lunch a local guide will take us on a tour of the historic Old St. Patrick's Cathedral. The tour will take you UNDER the basilica to the Catacombs. The only catacombs in Manhattan, and one of only a handful that exist in the entire United States. It is by far one of the most significant collection of tombs in the country historically. On the tour you will also get to visit forbidden, off-limit, and hidden areas of the church! **Date:** Wednesday, June 7 **Cost:** \$155 pp. **Includes:** round trip transportation, Cemetery and Cathedral tour, tour director, taxes and gratuities. **Checks to:** Tours of Distinction **Deadline:** May 1 **Departs:** 6:45 AM **Approximate Return:** 8:45 PM.

See Trip Flyers for more details.

Questions?

Call Missy Rankin (860) 647-3210

Essex Steam Trian and Riverboat

Enjoy a 3-course lunch aboard a restored 1920's Pullman Diner as part of a 3 3/4 hour Lunch, Train, and Riverboat sightseeing excursion. We'll step back in time as we board our Dining Car to savor a hot lunch at historic Essex Station that is prepared and cooked on board. Next, we'll travel aboard the train, pulled by a historic diesel locomotive, along the Lower CT River Valley. At Deep River Landing we transfer to the Becky Thatcher Riverboat for a cruise on the CT River. We finish our trip in Coach Passenger Cars aboard the train back to Essex station. Please provide meal choice in advance: Beef Tips & Gravy, Baked Chicken, or Eggplant Parmesan. All entrees are served with vegetable, starch, rolls, salad, coffee, and dessert. **Date:** Thursday, July 6 **Cost:** \$132 pp. **Includes:** round trip transportation, lunch, train and boat ride, tour director, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** May 31 **Departs:** 9:30 AM **Approximate Return:** 4:45 PM.

Lobsterfest

Join us at the Log Cabin for an amazing meal and entertainment featuring Michael D'Amore. Michael is a New York born singer and songwriter who has been entertaining audiences for 30 years. In this new show he highlights the very best of the 50s, 60s, and 70s. Today is all about the food! We start with cheese and vegetable platters, Shrimp Cocktail, Garden Salad, and Signature Breads. Next we'll have potato salad, coleslaw, lobster/crab cakes and BBQ Chicken. For your entrée please choose between a 1 1/4 pound lobster, or Prime rib, meal choice required in advance. We'll finish with delicious dessert and coffee. **Date:** Tuesday, July 18 **Cost:** \$124 pp. **Includes:** round trip transportation, lunch, entertainment, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** June 12 **Departs:** 10:30 AM **Approximate Return:** 4:30 PM.

ACTIVITIES & PROGRAMS				MAY 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
COMPUTER LAB 8:30-4:15	COMPUTER LAB 8:30-4:15	COMPUTER LAB 8:30-4:15	COMPUTER LAB 8:30-4:15	COMPUTER LAB 8:30-4:15
BILLIARDS 8:30-4:15	BILLIARDS 8:30-4:15	BILLIARDS 8:30-4:15	BILLIARDS 8:30-4:15	BILLIARDS 8:30-4:15
PING PONG 8:30-4:15	PING PONG 8:30-4:15	PING PONG 8:30-4:15	PING PONG 8:30-4:15	PING PONG 8:30-4:15
WALKING GROUP 9:00	WOODSHOP 9-12	FRIENDSHIP CIRCLE 8:30-11:30	SAMBA 9-12	WALKING GROUP 9:00
CERAMICS 9:30-11:30	BEG LINE DANCE 10-11	WALKING GROUP 9:00	SCRABBLE 9:30-11:30	PIANO LESSONS 8:45-9:45
Woman's Group 9:30-10:30	SENIOR CIRCLE 10-12	BLOOD PRESSURE CLINIC 9-12	CARDIO DRUMMING 10-11	CERAMICS 9:30-11:30
Men's Group 10:45-11:45	ADV LINE DANCE 11-12	WOODSHOP 9-12	WII BOWLING 10-11:30	STRENGTH & FLEX 10-11
STRENGTH & FLEX 10-11	MAHJONG 12:30-2	STRONGER SRS 9:15-10	SENIOR CIRCLE 10-11:30*	BINGO 10-12
LIGHT N LIVELY 11-12	WATERCOLOR & OIL 1-3	STRENGTH & FLEX 10-11	CORNHOLE 11-12	LIGHT N LIVELY 11-12
BODY SCULPT 12:30-1:15	RED HATS 1-4	STRENGTH & FLEX 11-12	DUPLICATE BRIDGE 12:30-4:00	TAI CHI ADV 12:30-1:30
PINOCHLE 12:30-2:30	TAI CHI ADV 1:30-2:30	BODY SCULPT 12:30-1:15	SQUARE DANCING 1-2:45	SETBACK 12:30-3
BIKING 1-3:30	TAI CHI BEG 2:30-3:30	SOCIAL BRIDGE 12:30-4	QUILTING 1-4	CRIBBAGE 12:45-3
LIGHT N LIVELY 1:20-2:15		DOMINOES 12:45-3	HAND & FOOT 1:00-4:15	TAI CHI BEG 1:30-2:30
YOGA 2:20-3:15		LIGHT N LIVELY 1:20-2:15	ZUMBA 3-4	
YOGA 3:20-4:15		YOGA 2:20-3:15		FOOTCARE BY APPT
		YOGA 3:20-4:15		
		CLASS REGISTRATION 9:00		
		LOTTERY REGISTRATION	LOTTERY REGISTRATION	LOTTERY REGISTRATION

ACTIVITIES & PROGRAMS				MAY 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8	9	10	11	12
COMPUTER LAB 8:30-4:15	COMPUTER LAB 8:30-4:15	BOCCE 8:30	COMPUTER LAB 8:30-4:15	COMPUTER LAB 8:30-4:15
BILLIARDS 8:30-4:15	BILLIARDS 8:30-4:15	COMPUTER LAB 8:30-4:15	BILLIARDS 8:30-4:15	BILLIARDS 8:30-4:15
PING PONG 8:30-4:15	PING PONG 8:30-4:15	BILLIARDS 8:30-4:15	PING PONG 8:30-4:15	PING PONG 8:30-4:15
PAINT CLASS SIGN UP 8:30	WOODSHOP 9-12	PING PONG 8:30-4:15	SAMBA 9-12	WALKING GROUP 9:00
WALKING GROUP 9:00	BEG LINE DANCE 10-11	FRIENDSHIP CIRCLE 8:30-11:30	SCRABBLE 9:30-11:30	PIANO LESSONS 8:45-9:45
CERAMICS 9:30-11:30	SENIOR CIRCLE 10-12	WALKING GROUP 9:00	CARDIO DRUMMING 10-11	CERAMICS 9:30-11:30
Woman's Group 9:30-10:30	THERAPY DOGS 10:30-11:30	FILE OF LIFE BY APPOINTMENT	WII BOWLING 10-11:30	STRENGTH & FLEX 10-11
Men's Group 10:45-11:45	ADV LINE DANCE 11-12	WOODSHOP 9-12	SENIOR CIRCLE 10-11:30*	BINGO 10-12
STRENGTH & FLEX 10-11	MAHJONG 12:30-2	STRONGER SRS 9:15-10	CORNHOLE 11-12	LIGHT N LIVELY 11-12
LIGHT N LIVELY 11-12	MOVIE: The Woman King 1:00-3:30	STRENGTH & FLEX 10-11	DUPLICATE BRIDGE 12:30-4:00	TAI CHI ADV 12:30-1:30
BODY SCULPT 12:30-1:15	WATERCOLOR & OIL 1-3	STRENGTH & FLEX 11-12	SQUARE DANCING 1-2:45	SETBACK 12:30-3
PINOCHLE 12:30-2:30	TAI CHI ADV 1:30-2:30	BODY SCULPT 12:30-1:15	Hiking 1-3	CRIBBAGE 12:45-3
MUSIC CIRCLE 12:30-2:30	TAI CHI BEG 2:30-3:30	SOCIAL BRIDGE 12:30-4	QUILTING 1-4	TAI CHI BEG 1:30-2:30
LIGHT N LIVELY 1:20-2:15		DOMINOES 12:45-3	HAND & FOOT 1:00-4:15	
YOGA 2:20-3:15		LIGHT N LIVELY 1:20-2:15	ZUMBA 3-4	
YOGA 3:20-4:15		YOGA 2:20-3:15		
		YOGA 3:20-4:15		
LOTTERY REGISTRATION	LOTTERY REGISTRATION	LOTTERY REGISTRATION	LOTTERY REGISTRATION	LOTTERY REGISTRATION

ACTIVITIES & PROGRAMS				MAY 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15	16	17	18	19
COMPUTER LAB 8:30-4:15	COMPUTER LAB 8:30-4:15	BOCCE 8:30	COMPUTER LAB 8:30-4:15	COMPUTER LAB 8:30-4:15
BILLIARDS 8:30-4:15	BILLIARDS 8:30-4:15	COMPUTER LAB 8:30-4:15	BILLIARDS 8:30-4:15	BILLIARDS 8:30-4:15
PING PONG 8:30-4:15	PING PONG 8:30-4:15	BILLIARDS 8:30-4:15	PING PONG 8:30-4:15	PING PONG 8:30-4:15
WALKING GROUP 9:00	WOODSHOP 9-12	PING PONG 8:30-4:15	SAMBA 9-12	WALKING GROUP 9:00
AARP Driver's Ed 8:45	BEG LINE DANCE 10-11	FRIENDSHIP CIRCLE 8:30-11:30	SCRABBLE 9:30-11:30	PIANO LESSONS 8:45-9:45
CERAMICS 9:30-11:30	SENIOR CIRCLE 10-12	WALKING GROUP 9:00	CARDIO DRUMMING 10-11	CERAMICS 9:30-11:30
Woman's Group 9:30-10:30	BOOK GROUP 10:30-11:30	NO BP	Bicentennial Breakfast 10-11:30	STRENGTH & FLEX 10-11
Men's Group 10:45-11:45	ADV LINE DANCE 11-12	WOODSHOP 9-12	WII BOWLING 10-11:30	BINGO 10-12
STRENGTH & FLEX 10-11	MAHJONG 12:30-2	STRONGER SRS 9:15-10	SENIOR CIRCLE 10-11:30*	LIGHT N LIVELY 11-12
LIGHT N LIVELY 11-12	WATERCOLOR & OIL 1-3	STRENGTH & FLEX 10-11	CORNHOLE 11-12	TAI CHI ADV 12:30-1:30
BODY SCULPT 12:30-1:15	TAI CHI ADV 1:30-2:30	STRENGTH & FLEX 11-12	DUPLICATE BRIDGE 12:30-4:00	SETBACK 12:30-3
PINOCHLE 12:30-2:30	TAI CHI BEG 2:30-3:30	NEWCOMER'S MTG 11-12	SQUARE DANCING 1-2:45	CRIBBAGE 12:45-3
BIKING 1:00-3:00		BODY SCULPT 12:30-1:15	QUILTING 1-4	TAI CHI BEG 1:30-2:30
LIGHT N LIVELY 1:20-2:15		SOCIAL BRIDGE 12:30-4	HAND & FOOT 1:00-4:15	
YOGA 2:20-3:15		DOMINOES 12:45-3	ZUMBA 3-4	FOOTCARE BY APPT
YOGA 3:20-4:15		LIGHT N LIVELY 1:20-2:15		
		YOGA 2:20-3:15		
		YOGA 3:20-4:15		
LOTTERY REGISTRATION	LOTTERY REGISTRATION	LOTTERY REGISTRATION		

ACTIVITIES & PROGRAMS				MAY 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22	23	24	25	26
COMPUTER LAB 8:30-4:15	COMPUTER LAB 8:30-4:15	BOCCE 8:30	COMPUTER LAB 8:30-4:15	COMPUTER LAB 8:30-4:15
BILLIARDS 8:30-4:15	BILLIARDS 8:30-4:15	COMPUTER LAB 8:30-4:15	BILLIARDS 8:30-4:15	BILLIARDS 8:30-4:15
PING PONG 8:30-4:15	PING PONG 8:30-4:15	BILLIARDS 8:30-4:15	PING PONG 8:30-4:15	PING PONG 8:30-4:15
WALKING GROUP 9:00	WOODSHOP 9-12	PING PONG 8:30-4:15	SAMBA 9-12	WALKING GROUP 9:00
CERAMICS 9:30-11:30	PAINT CLASS 9:30	FRIENDSHIP CIRCLE 8:30-11:30	SCRABBLE 9:30-11:30	PIANO LESSONS 8:45-9:45
Woman's Group 10:00-11:00 Men's Group Combined	BEG LINE DANCE 10-11	WALKING GROUP 9:00	CARDIO DRUMMING 10-11	CERAMICS 9:30-11:30
	SENIOR CIRCLE 10-12	BLOOD PRESSURE CLINIC 9-12	WII BOWLING 10-11:30	STRENGTH & FLEX 10-11
STRENGTH & FLEX 10-11	THERAPY DOGS 10:30-11:30	WOODSHOP 9-12	SENIOR CIRCLE 10-11:30*	BINGO 10-12
LIGHT N LIVELY 11-12	ADV LINE DANCE 11-12	STRONGER SRS 9:15-10	CORNHOLE 11-12	LIGHT N LIVELY 11-12
MUSIC CIRCLE 12:30-2:30	MAHJONG 12:30-2	STRENGTH & FLEX 10-11	DUPLICATE BRIDGE 12:30-4:00	TAI CHI ADV 12:30-1:30
BODY SCULPT 12:30-1:15	WATERCOLOR & OIL 1-3	STRENGTH & FLEX 11-12	SQUARE DANCING 1-2:45	SETBACK 12:30-3
PINOCHLE 12:30-2:30	TAI CHI ADV 1:30-2:30	BODY SCULPT 12:30-1:15	HIKING 1-3	CRIBBAGE 12:45-3
LIGHT N LIVELY 1:20-2:15	TAI CHI BEG 2:30-3:30	SOCIAL BRIDGE 12:30-4	QUILTING 1-4	TAI CHI BEG 1:30-2:30
YOGA 2:20-3:15		DOMINOES 12:45-3	HAND & FOOT 1:00-4:15	
YOGA 3:20-4:15		LIGHT N LIVELY 1:20-2:15	ZUMBA 3-4	
		YOGA 2:20-3:15		
LOTTERY POSTING IN THE LOBBY		YOGA 3:20-4:15		

ACTIVITIES & PROGRAMS				MAY—JUNE 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	JUNE 1	JUNE 2
SENIOR	COMPUTER LAB 8:30-4:15	BOCCE 8:30	COMPUTER LAB 8:30-4:15	COMPUTER LAB 8:30-4:15
CENTER	BILLIARDS 8:30-4:15	COMPUTER LAB 8:30-4:15	BILLIARDS 8:30-4:15	BILLIARDS 8:30-4:15
CLOSED	PING PONG 8:30-4:15	BILLIARDS 8:30-4:15	PING PONG 8:30-4:15	PING PONG 8:30-4:15
FOR	WOODSHOP 9-12	PING PONG 8:30-4:15	SAMBA 9-12	WALKING GROUP 9:00
MEMORIAL DAY	SENIOR CIRCLE 10-12	FRIENDSHIP CIRCLE 8:30-11:30	SCRABBLE 9:30-11:30	PIANO LESSONS 8:45-9:45
HOLIDAY	MAHJONG 12:30-2	WALKING GROUP 9:00	CARDIO DRUMMING 10-11	CERAMICS 9:30-11:30
	WATERCOLOR & OIL 1-3	NO BP	WII BOWLING 10-11:30	BINGO 10-12
		WOODSHOP 9-12	SENIOR CIRCLE 10-11:30*	SETBACK 12:30-3
		BIRTHDAY LUNCH 12-12:30	CORNHOLE 11-12	CRIBBAGE 12:45-3
		SOCIAL BRIDGE 12:30-4	DUPLICATE BRIDGE 12:30-4:00	FOOTCARE BY APPT
		DOMINOES 12:45-3	SQUARE DANCING 1-2:45	
			QUILTING 1-4	
			HAND & FOOT 1:00-4:15	

Manchester Senior Center - Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 May 1- May 5	Chef Choice	Manicotti Bolognese Green Beans Garlic Bread	Chicken Scampi Pasta Dinner Rolls	Hoisin Sesame Chicken Stir Fry	Soup, Salad, Sandwich TGIF Dessert
Week 2 May 8- May 12	Chef Choice	Hamburgers & Hotdogs Potato Salad Baked Beans	Chicken Broccoli Alfredo Loaded Potatoes	BBQ Pork Plate Sweet Potatoes Swiss Chard	Soup, Salad, Sandwich TGIF Dessert
Week 3 May 15- May 19	Chef Choice	Wings & Truffle Tots Corn On Cob	Lemon Pepper Chicken Rice Vegetable Med- ley	Chimichurri Steak Baked Potato Broccoli	Soup, Salad, Sandwich TGIF Dessert
Week 4 May 22- May 26	Chef Choice	Pork Chops Cheesy Potatoes Roasted Brussels Sprouts	Pesto Chicken & Gnocchi Roasted Zucchini Dinner Roll	Lasagna House Salad Garlic Bread	Soup, Salad, Sandwich TGIF Dessert
Week 5 May 29- June 2	SENIOR CENTER CLOSED MEMORIAL DAY HOLIDAY	Kielbasa & Pierogi's Dinner Rolls	Citrus Chicken Quinoa Pilaf Roasted Cauliflower	Pesto Cheddar Ravioli House Salad	Soup, Salad, Sandwich TGIF Dessert

**Manchester Senior Center
549 East Middle Turnpike
Manchester, CT 06040**



We're on the web: Please contact us at

<http://www.manchesterct.gov>

Please call **860-647-3211** to be taken off the mailing list if your are not the current resident or do not wish to continue to receive our mailing